

# FAMILY TIPSHEET: Holland Bloorview & community services that you can access online

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	Who do they serve?	How can they help?	Contact
<b>Holland Bloorview Connect2Care</b>	Any Holland Bloorview client (who has <b>booked</b> an appointment)	Access your health-care record, view your appointments, connect with members of your health-care team online	<a href="http://www.hollandbloorview.ca/connect2care">http://www.hollandbloorview.ca/connect2care</a>
<b>The K.I.T. (Keeping It Together) Resource</b>	Families looking to organize their child's information	Organize information for your child that can assist you when interacting with different service systems, e.g. health, education, and recreation	<a href="https://www.canchild.ca/en/research-in-practice/the-kit">https://www.canchild.ca/en/research-in-practice/the-kit</a>
<b>Medication logging</b>	Anyone looking to manage medication information and records	Free and confidential MyMedRec app, print-ready booklet for managing medication information and records	<a href="http://www.knowledgeisthebestmedicine.org/">http://www.knowledgeisthebestmedicine.org/</a>

<b><u>Community services and information:</u></b>	Who do they serve?	How can they help?	Contact
<b>211</b>	Anyone looking for a helpline and/or online database of Ontario's community and social services	Navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 100 languages	<a href="http://www.211ontario.ca">http://www.211ontario.ca</a>

<b>Connectability</b>	People of all ages who have an intellectual disability, their families, and support networks	Website and virtual community dedicated to learning, support and self-directed access to valuable information and tools	<a href="http://connectability.ca/en/">http://connectability.ca/en/</a>
<b>Holland Bloorview Resource Centre</b>	Children with disabilities and their families	Browse a number of links that can be diagnosis-specific or topic-specific for online resources and information	<a href="http://hollandbloorview.ca/ClientFamilyResources/FamilyResourceCentre">http://hollandbloorview.ca/ClientFamilyResources/FamilyResourceCentre</a>
<b>Jooay</b>	Children with disabilities and their families	App and website that helps to locate leisure opportunities in your area	<a href="http://jooay.com/">http://jooay.com/</a>
<b>Ontario Camps Association</b>	Families who are looking for camps for their children	The OCA Annual Camps Guide provides information about funding and camps for campers with additional needs	<a href="http://www.ontariocampsassociation.ca/find-your-perfect-camp/">http://www.ontariocampsassociation.ca/find-your-perfect-camp/</a>
<b>Partners for Planning</b>	Individuals with disabilities of all ages and their families	Helps families find resources, information, and workshops on planning for the future	<a href="http://www.planningnetwork.ca">http://www.planningnetwork.ca</a>
<b>Special Needs Roadmaps</b>	Families who have children with disabilities in school or starting school	New interactive school roadmap to help parents navigate the school system	<a href="http://www.specialneedsroadmaps.ca/">http://www.specialneedsroadmaps.ca/</a>
<b>Zach's List</b>	Children with disabilities and their families	A website where families could go to trade or buy used pediatric equipment, and share advice and experience regarding equipment	<a href="http://www.zachslist.ca/">http://www.zachslist.ca/</a>

<b>Therapies:</b>	<b>Who do they serve?</b>	<b>How can they help?</b>	<b>Contact</b>
<b>Canadian Association of Occupational Therapists</b>	Anyone looking for occupational therapy services	Search for an Occupational Therapist to hire	<a href="https://www.caot.ca/">https://www.caot.ca/</a>
<b>Canadian Physiotherapy Association</b>	Anyone looking for physiotherapy services	Search for a Physiotherapist to hire	<a href="https://www.physiotherapy.ca/Finding-a-Physiotherapist.aspx">https://www.physiotherapy.ca/Finding-a-Physiotherapist.aspx</a>
<b>Community Care Access Centre (CCAC)</b>	Seniors, adults, children and their families to help determine and provide the right care and health supports	Provide nurses, social workers, occupational therapists, physiotherapists or speech therapists who can support clients at home and in hospitals, doctor's offices, communities, and schools	<a href="http://healthcareathome.ca/torontocentral/en">http://healthcareathome.ca/torontocentral/en</a>
<b>Speech-Language and Audiology Canada (SAC)</b>	Anyone looking for a speech language pathologist, audiologist, or communication health assistant	Search for a Speech Language Pathologist or Audiologist to hire	<a href="http://sac-oac.ca/public/find-professional">http://sac-oac.ca/public/find-professional</a>

<b>Family Groups:</b>	<b>Who do they serve?</b>	<b>How can they help?</b>	<b>Contact</b>
<b>Ability Online</b>	Youth and young adults of all abilities, parents and professionals	Online community for kids, teens & young adults of all abilities, connections to peers & mentors for info & support	<a href="http://www.abilityonline.org/">http://www.abilityonline.org/</a>
<b>Holland Bloorview Parent Talks &amp; Workshops</b>	Parents and caregivers of children with disabilities	Meet and connect with other parents and learn about specific topics related to childhood disability	<a href="http://www.hollandbloorview.ca/familyevents">http://www.hollandbloorview.ca/familyevents</a>

<b>Holland Bloorview Parent Voices (on Facebook)</b>	Parents and caregivers of children with disabilities	A place to ask questions, get advice, share news, and find out about resources and information from parents	<a href="https://www.facebook.com/groups/532898290077876/">https://www.facebook.com/groups/532898290077876/</a>
<b>Young Carers</b>	Children under 18 years of age who are in a caregiving role (e.g. siblings)	Therapeutic programming to help kids with adult responsibilities cope and interact with other kids in similar situations	<a href="http://www.ycptoronto.com/">http://www.ycptoronto.com/</a>

<b>Advocacy:</b>	<b>Who do they serve?</b>	<b>How can they help?</b>	<b>Contact</b>
<b>Access Now</b>	Individuals with disabilities of all ages and their families	A website that uses crowdsourcing to show accessible locations on an interactive map	<a href="http://accessnow.me/">http://accessnow.me/</a>
<b>Easter Seals Kids at School</b>	A place where parents of children with disabilities can find information on school related issues	Information, blog, and resources on how to navigate and advocate in the school system	<a href="http://education.easterseals.org/">http://education.easterseals.org/</a>
<b>The Provincial Advocate for Children and Youth</b>	Children and youth	Provides an independent voice for children and youth by responding to concerns from children, youth, and families	<a href="http://provincialadvocate.on.ca/">http://provincialadvocate.on.ca/</a>

<b>Blogs:</b>	<b>Who do they serve?</b>	<b>How can they help?</b>	<b>Contact</b>
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<b>Holland Bloorview BLOOM Blog</b>	Anyone who is looking for stories about families who have children with disabilities	Find stories, topics and resources that interest parents of children with a wide variety of physical and developmental disabilities	<a href="http://bloom-parentingkidswithdisabilities.blogspot.ca/">http://bloom-parentingkidswithdisabilities.blogspot.ca/</a>
<b>Holland Bloorview CEO Blog</b>	Anyone who would like to read about our hospital through the lens of our CEO, Julia Hanigsberg	Find out about what is important to the leader of our hospital	<a href="https://hollandbloorview.wordpress.com/">https://hollandbloorview.wordpress.com/</a>
<b>The Mighty</b>	Anyone who is looking for a blog on disabilities, medical conditions, or mental health	Find stories about disability and mental health from a variety of perspectives from across the world	<a href="http://themighty.com/">http://themighty.com/</a>

<b>Caregivers:</b>	<b>Who do they serve?</b>	<b>How can they help?</b>	<b>Contact</b>
<b>7 Minute Workout App</b>	Anyone	Exercise app where exercises are simple to perform, do not require any equipment, and can be done anywhere!	<a href="http://7minworkoutapp.net/">http://7minworkoutapp.net/</a>
<b>Headspace</b>	Anyone	An app, with hundreds of themed sessions on everything from stress to sleep. 'Bite-sized meditations' for busy schedules	<a href="https://www.headspace.com/">https://www.headspace.com/</a>
<b>Meal Train</b>	Anyone	A tool to organize meals for a someone after a birth, surgery or illness	<a href="https://www.mealtrain.com/">https://www.mealtrain.com/</a>